



Springfield-Greene County  
Health Department  
*Helping people live longer, healthier, happier lives*

**\*\*\*FOR IMMEDIATE RELEASE 7-20-05\*\*\***

***From the Office of the Director of Health***

### **Hot Weather Health Advisory Issued**

Based on the National Weather Service's prediction of a heat index near 105°F Thursday, the Springfield-Greene County Health Department has issued a Hot Weather Health Advisory.

Severe hot weather conditions may cause heat related illnesses such as heat exhaustion and heat stroke. Already this summer eleven Greene County residents have sought treatment for heat related illness.

To protect yourself against heat-related illness:

1. Drink plenty of water to keep your body hydrated.
2. Avoid strenuous work or exercise outside during the hottest part of the day. If that is not practical, take frequent breaks and remember to drink plenty of water.
3. Wear light colored, loose fitting clothing.
4. Avoid drinks containing alcohol or caffeine.
5. Check on the elderly, young children and pets.
6. Never leave infants, children or pets in a parked vehicle.
7. Do not rely on fans as your primary cooling device. If you do not have air conditioning, visit a shopping center, public library or other air-conditioned facility.
8. Avoid sitting directly in front of a fan. Fans re-circulate room air and may actually increase your body temperature and your risk of heat-related illness.
9. Check with your pharmacist or doctor to find out if medication you are taking puts you at increased risk for heat-related illness.
10. Avoid hot foods and heavy meals.
11. Know the signs and symptoms of heat stress or heat exhaustion:

heavy sweating	dizziness	fainting
growing pale	headache	nausea or vomiting
muscle cramps	exhaustion or weakness	

Each year more people in the United States die from extreme heat than from hurricanes, lightning, tornadoes, floods and earthquakes combined. Groups especially at risk are the elderly, chronically ill, children under 4 years old and anyone who works or exercises vigorously outdoors.

**For more information, contact:**

Clay Goddard, Administrator of Community Health and Epidemiology  
(417) 864-1408 office  
(417) 894-2812 cell

###

